

LEMON CHICKEN STIR FRY

By Kimberli Washington, Public Information Office



Ingredients:

- 1 ½ pound skinless chicken breast, cut into 1-inch cubes
- 1 bunch asparagus, ends trimmed and cut into 2-inch pieces
- ½ cup shitake mushrooms
- ½ small onion, diced
- ½ cup low sodium chicken broth
- 2 tablespoons low sodium soy sauce
- 2 tablespoons cornstarch
- 2 tablespoons water
- 3 tablespoon olive oil
- 6 cloves garlic, finely chopped
- 1 tablespoon fresh ginger
- 3 tablespoons fresh lemon juice
- Salt and pepper, to taste

Directions:

- In a small bowl, whisk together chicken broth and soy sauce. Set aside.
- In another small bowl, mix together cornstarch and water. Set aside.
- Heat 1 tablespoon olive oil in a large non-stick wok over medium-high heat. Add asparagus, onion, and mushrooms. Cook until tender (about 4 to 5 minutes on each side). Add in garlic and ginger and cook an additional minute. Remove cooked asparagus from pan and set aside.
- Using the same wok pan, heat 1 tablespoon olive oil and half the chicken on high heat until brown and cooked through (about 5 minutes each side). Remove

from wok and set aside. Repeat process with remaining oil and chicken. Remove from wok and set aside.

- Add soy sauce mixture to wok and bring to a boil. Lower heat and cook about 2 minutes before adding in lemon juice and cornstarch mixture, stir together well. Once mixture begins to simmer, return the cooked chicken and cooked vegetables to the work and mix together well (about 5 minutes). Add salt and pepper, to taste.
- Remove from the heat and serve with rice.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.